



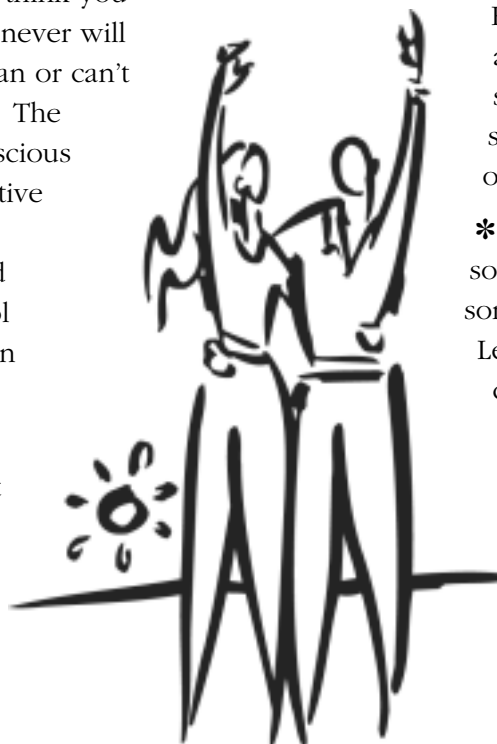
# Living Healthy Working Well

## Developing a Positive Attitude

Your attitude plays a huge part in how you look at life, how you see things around you, and how you handle the situations you are faced with. Though you can't always control what happens to you, you can control your attitude toward life's events. The sooner you start incorporating the tips below, the sooner you can start feeling the positive benefits in your life!

\* **Your attitude is up to you.** We can be our own worst saboteurs when it comes to developing a positive attitude. If you don't think you deserve to be successful, you never will be. Whether you think you can or can't do something, you'll be right. The great news is that, with a conscious effort, you can change a negative attitude into a positive one. Although it may take time and effort, you can learn to control your attitude. The only person who can give you a good attitude is you.

\* **Rise and shine!** Get up a bit earlier and take a short walk in the morning. Fifteen minutes in the fresh air is a great way to feel uplifted and mentally prepared to make the most out of your day.



\* **Stop a bad day in its tracks.** Just because you woke up on the wrong side of the bed, it doesn't mean your entire day is ruined. Make an effort to change the course of your day early, and don't let it set the tone for the rest of the day. Take a moment to think about something good that could happen (e.g., you'll finish that difficult project) and gain a positive outlook. And remember, when things aren't going well, tomorrow is a brand new day.

\* **Develop positive friendships.** It's difficult to maintain a positive attitude when your friends or co-workers have negative ones. The company you keep can influence your attitude.

Rarely will you see a positive person in a group of negative people. Negativity spreads rapidly, so it's a good idea to steer clear of obviously negative people or situations.

\* **Get out of your rut.** If you feel like something is missing from your life, add something to it! Try something new. Learn a new sport or take a cooking class. Doing something different is a great attitude pick-me-up.

\* **Be good to yourself.** You can be your own best friend or your own worst enemy. Make sure you eat well and get enough rest. Stress and bad health habits are enough to give anyone a bad attitude.

**\* Look at the bigger picture.**

One of the best ways to improve your attitude is to take a reality check. Is your life really so bad? Look around you and chances are you'll find someone who is worse off than you. Look at all the things you can be grateful for and your attitude will change for the better.

**\* Ask for a helping hand.**

If you are trying to improve your attitude and outlook on life, ask a friend or family member to tell you when you're slipping back into your old habits. A gentle reminder to look on the bright side may be all you need.

**Remember . . .**

Your Employee Assistance Program (EAP) is available to you and your eligible dependents 24 hours a day, seven days a week. All services are confidential and provided at no cost to you. Just call us at 1-800-6-EAP-4-CA (1-800-632-7422). If you are using a TTY, please call 1-800-542-2833. As part of your EAP, you now have access to MagellanAssist. Visit today at <http://www.dpa.ca.gov/benefits/other/eap/Assist.shtm>.

## Say Something Positive to Yourself

If you're like most people, you carry on a silent conversation with yourself during much of the day. This "self-talk" directly affects your thoughts, motivations and behaviors. What are you saying to yourself? Do you give yourself a pep talk or do you undermine your own efforts? Understanding self-talk, and the powerful effect it has on you, can help you develop or maintain a positive attitude.

### What You Say is What You Get

You've probably heard the term "self-fulfilling prophecy." Self-talk is very much like a self-fulfilling prophecy. You think about something enough that it actually happens. When your self-talk is positive, "I know I can do this job," or "I can lose five pounds," you are giving yourself permission to succeed and chances are you will. When your self-talk is negative, "I'm going to have a terrible time tonight," or "I'll never be a manager," chances are you won't even try.

### Thoughts are Linked to Behaviors

Self-talk shapes your thoughts and behaviors. If you say to yourself, "This job is perfect for me," you'll be more willing to apply. During the interview, you'll have more confidence in yourself. But, if you think, "I'll never get this job," you may not even bother applying, which will guarantee that you won't be hired.

### Changing Your Self-Talk Script

If you are trying to change your self-talk from negative to positive, you may find resistance from within yourself. Be patient; it will soon fade. You've probably been using negative self-talk for years, and it takes at least 30 days to break an old habit or establish a new one. Here are a few things that can help you as you rewrite your new positive self-talk script:

- \* Record yourself making positive statements. Listen to the tape in the car or whenever your hands are busy but your mind is free.
- \* Write positive statements on sticky notes or index cards and place them where you can see them.
- \* Keep talking positively to yourself, even when you don't want to or feel like it. Your subconscious will act on what you tell it to do.